



California 5 a Day Campaign **Key Health Messages**



NUTRITION

- Adults need 3 ½ - 6 ½ cups of fruits and vegetables each day for good health.
- Elementary-age children need 2 ½ to 5 cups of fruits and vegetables every day.
- Eat the recommended amounts of fruits and vegetables for better health.
- Eating more fruits and vegetables with meals and as snacks can help you improve and/or maintain good health.
- Eating a variety of colorful fruits and vegetables helps give the body what it needs for good health. A plant's color gives a clue to its health benefits.
 - Fruits and vegetables help you maintain:
 - A healthy heart
 - Memory function
 - Vision health
 - A lower risk of some cancers
 - Slow the effects of aging
 - Control your weight
 - Reduce problems from diabetes
 - Look and feel great
 - Boost your energy level

PHYSICAL ACTIVITY

- Get your recommended level of physical activity for better health.
- To take care of health and reduce the risk of chronic diseases, adults need at least 30 minutes of moderate-intensity physical activity every day.
- To keep weight under control, adults need 60 minutes of moderate- to vigorous-intensity physical activity on most days of the week.
- If an adult lost weight and wants to keep it off, adults need 60 to 90 minutes of moderate-intensity physical activity every day.
- Children and teenagers need at least 60 minutes of physical activity every day.

- Physical activity can bring you many health benefits. When you enjoy doing moderate-intensity physical activity on a regular basis, you benefit by:
 - Reducing your risk of coronary heart disease
 - Reducing your risk of stroke
 - Lowering both total blood cholesterol and triglycerides and increasing high-density lipoproteins (HDL or the “good” cholesterol)
 - Lowering your risk of high blood pressure
 - Reducing high blood pressure if you already have hypertension
 - Lowering your risk of type 2 diabetes
 - Reducing your risk of developing colon cancer
 - Helping achieve and maintain a healthy body weight
 - Reducing feelings of depression and anxiety
 - Promoting psychological well-being and reducing feelings of stress
 - Helping build and maintain healthy bones, muscles, and joints

FOOD STAMPS

If you need help buying food contact your local Food Stamp Program. For more information on the Food Stamp Program call 1-888-328-3483.